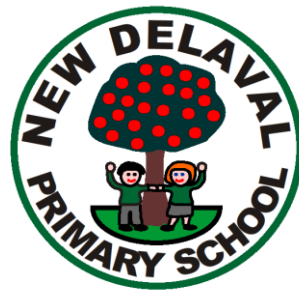


Resilience
Empathy
Self-Awareness
Positivity
Excellence
Communication
Teamwork



Delaval Gardens
New Delaval
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NE24 4DA

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31 January 2025

Dear Parents & Carers

Sleep Hygiene Workshop - Thursday 20th February at 9am

We would like to invite you to the above workshop that will be delivered by the Be You team which is part of NHS Northumberland. The team will provide useful information and tips to help with bedtime routines and encourage better sleep hygiene for your child. They will discuss how sleep is important not just for mental health but physical health too. It will be an opportunity for you as parents to share your difficulties in establishing a good bedtime routine where advice will be given or the team can sign post you on to other relevant agencies.

If you would like to reserve a place on the workshop, you can either complete the slip below or speak to myself for more information. Places are limited so please ensure you book on as soon as possible. This is a great opportunity for the school to support parents and carers with concerns that are often raised with teaching staff and we hope that it will be of benefit to those that would like to attend.

Reminders will go out to interested parents or carers by text nearer the time.

Refreshments will be available after you have dropped your child off.

A handwritten signature in black ink that reads 'Marie Archer'.

Marie Archer
Behaviour/ Pastoral Support

I will be attending the SLEEP HYGIENE workshop on Thursday 20th February

Child's name:

Class.....

Parent's/carer's name.....

Please return to the School Office

